

W.F. Recreation Center
10th & Indiana
Phone: (940) 761-8887



Hours:
Monday through Friday
8:30 a.m. - 8:30 p.m.
Membership- \$20 per year!

On the web at www.wichitafalltx.gov & on facebook at 50 Plus Zone of WF
The 50 Plus Zone will be CLOSED Friday July 4th

Issue 196

City of Wichita Falls Parks & Recreation

June 2014

Fitness Classes

(25 classes every week!!)

Regular Classes-Room 201

"The Walking Workout"

8:30-9 Mon Wed & Fri
Room 201

"Morning Workout"

9-10 am Mon- Fri. Room 201

"Zumba Abs"

10-11 am Mon & Wed. Room 201

"The Walking Workout"

10-10:30 am - Tues, Thurs, Fri
Room 201

"Yoga"

10:30-11 am Tues, Thurs, & Fri.
Room 201

"Chair Exercise Classes"

In Room Movie Room (208B)

9:00-9:35 am Mon- Fri.

MWF- Chair Yoga

Tues & Thurs-Chair Pilates

10:30am Mon-Fri.

Stronger Seniors Workout

FREE Outdoor Concert & FREE Ice Cream Sundaes for Zone Members

Tuesday Evening June 3rd 7:30-9 pm
Outside the MPEC

Bring your lawn chair, enjoy
a delicious sundae and the
wonderful Cowboy Country music
of PRAIRIE MOON.



**WAKE UP WITH
ROYAL ESTATES
& HOSPICE OF WF
FREE
PANCAKE & SAUSAGE BREAKFAST
Wednesday, June 4th
9:00 am at the 50 + Zone**



TUESDAYS Musicals

1:30 pm & 5:30

June 3rd

"Hello Dolly" (1969)
Rated G - 146 min.

June 10th

"With a Song in My Heart" (1952)
Not Rated - 117 min.

June 17th

"South Pacific" (1958)
Not Rated - 157 min

June 24th

"The Sound of Music" (1965)
Rated G- 174 min.



June Birthday Party & Brunch Tues. June 3rd 10 am Room 217

A Party to celebrate all of the
Zone members with June birthdays

Menu: Breakfast Quiche & Fresh Fruit Salad

Cake Provided By:

STERLING HOUSE
BROOKDALE SENIOR LIVING

BINGO FREE! PRIZE

Tuesday, June 3rd, & 17th
9:00 - 10:00 am - Room 216

Sponsored by:
**BEST CARE
HOME HEALTH**

Tuesday, June 10th & 24th
9:00 - 10:00 am - Room 216

Sponsored by:
**Senior Care Health
& Rehabilitation Center**

**Every Friday 9-10
Sponsored by:
Horizon Bay**

Friday Night Live Band Dances

Every Friday 7-10 pm

Cost: only \$6 per person

(\$1 discount for Zone members)

June 6th- Smokin' Ace Band

June 13th- Southern Rain

June 20th-Rusty Nail Band

June 27th- Lone Star Troubadours

**Cash Bingo
BINGO
at the Zone
Fridays, 2:00 pm**



Come sing with us 3 times a week!
Mondays 2 - 4:30 pm
Tuesdays 2:45 - 5:00 pm
Thursdays 1:30 - 4:00 pm



THURSDAYS

3:30 pm & 5:30 pm

June 5th

"Great Expectations"
Rated PG-13- 128 min.

June 12th

"Geezers"
Not Rated - 88 min.

June 19th

"Still Mine"
Rated PG-13- 102 min.

June 26th

"Doc Holliday's Revenge"
Rated PG-13-139 Min

NEW RELEASE FRIDAY

1:30 & 5:30 pm

June 6th

"Son of God"
Rated PG-13 -113 min

June 13th

"Her"
Rated R -126 min.

June 20th

"Jack Ryan Shadow Recruit"
Rated PG-105 min.

June 27th

"3 Days to Kill"
Rated PG-13 -117 min

